

*A Message from Dr. TaraColleen Macatee,
Kaleidoscope Executive Director:*

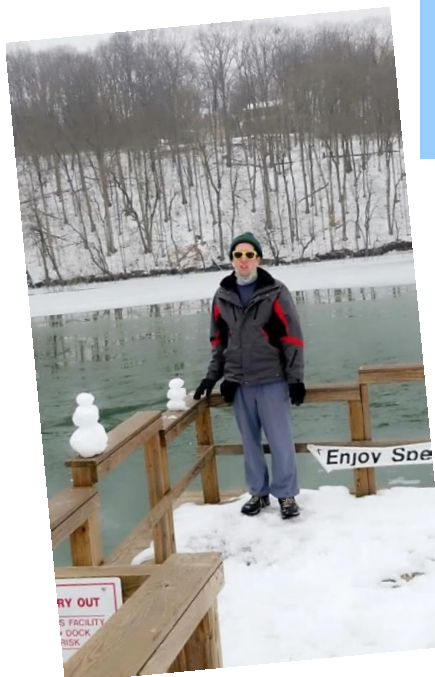
Happy New Year! May this New Year be full of new and exciting opportunities with an emphasis on health, growth and new beginnings. 2020 will not go in the record books as the most positive of years; that may be an understatement for many of us. One word that comes to mind is perseverance, when defined can mean steadfastness in doing something despite difficulty or delay in achieving success. Many of the word's synonyms also greatly depict this unexpected year with powerful messages of patience, endurance, persistence, tenacity, determination, just to name a few. Based on the events of the year, I hope you can endorse yourself for integrating all of those qualities into your life. It would have been impossible not to embrace the deepest parts of our beings to get to this point. We are stronger than we know.

In spite of the challenges of 2020, the most incredible things have evolved within our Kaleidoscope community. Because of the pandemic, friendships and new relationships blossomed on virtual groups. People that would not have otherwise met are now steadfast friends, and are able to support each other from afar. We are confident that this method of communication will continue on a permanent basis. The world has forced us to expand and think outside of the box when it comes to providing one-on-one services. Our providers have continued to go above and beyond in person, as well as virtually with those we serve, both kids and adults alike. Their creativity to foster teamwork, independence and the ability to impart happiness, against the odds, has been incredible to witness. My heart is full of gratitude and, even awe, when I recall the successes of 2020.

Starting the year with "Kindness" as our monthly Vision Statement feels extra special this year. Being kind to others, ourselves, the community, the environment, your neighbors, and strangers – I could go on and on, shines a light inside that nothing can dim. Kindness is a win-win that will carry us through the end of the pandemic, and into, as I said in the beginning of my message, new beginnings.



Sara was able to spend some of her day helping Scott the horse stay clean and exercised!



A January Poem by Bette

*All about New Year's:
New Year 2021
Encouragement,
Winter
Your New Year Goals will be ...
Exciting for the new fresh
Awesome stuff
Really like the New Year better
than 2020
Snow*



Fun winter days at the lake and building snowmen with Tommy ... this picture looks like a postcard!



Mission Monday

Mission Monday is our place to honor those providers from each region who exceeded expectations this month.

Thank you for all that you do!

WPA: Tammi Babilon received two requests this week from families for her to increase hours based on her consistent and caring approach when interacting with their loved one(s). We think a compliment from the family and person supported is among the highest a professional can receive, and Tammi received two this week. We remain in awe of her quick response to any correspondence sent to her, the flexibility she exhibits when last minute changes are necessary to best support the person in question, and her consistency with attention to the health and safety of those with whom she works.

Lancaster: Sean Kelly has continued working through COVID and has even picked up new individuals. He is able to create such great, supportive relationships with those that he supports. Sean has adapted to providing virtual supports when needed, but has always been willing to continue in person supports as well!

EPA: Jennifer Jankauskas goes above and beyond with supporting Stephanie! Jennifer has planned lots of activities to keep Stephanie busy and engaged during remote sessions. Jennifer has continued to support Stephanie with skills that she isn't able to implement in "real life" due to the pandemic so that Stephanie doesn't lose those skills, such as calculating a tip. Jennifer is also always planning how to work on Stephanie's goals in new ways so that she can continue to become more independent. Jennifer's communication with the team is always superb and has wonderful attention to detail. Jennifer is always eager to engage with other individuals on the Zoom activities as well!

CPA: Sidney Calhoun goes above and beyond with all her clients and making sure their needs are met along with keeping things fun and exciting for them all! She is always planning fun activities and also making sure their daily life goals are being met. Sidney has become an integral part of each of their lives! She is always checking in with not just internal staff but also the family members of those she's supporting to make sure they have what they need as well and to keep them all in the loop! Sidney is just a bubble of caring sunshine for those she works with and is continually praised by individuals and families!



Fun Days to Celebrate this Month!

1/1 – New Year's Day

1/5 – National Bird Day

1/6 – Bean Day



1/15 – Hat Day

1/18 – Martin Luther King Day

1/18 – World Snowman Day

1/19 – National Popcorn Day

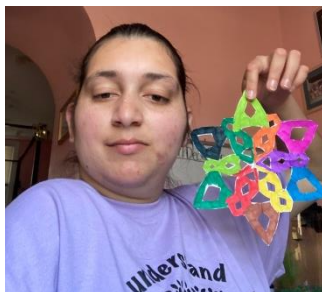
1/20 – Penguin Awareness Day

1/28 – International Lego Day

1/29 – National Puzzle Day



Zoom-ing with friends!



Easy Orange Chicken

Ingredients

- ▣ 6 boneless chicken thighs or 3 whole chicken breasts
- ▣ 1/4 cup flour
- ▣ 1 tbsp. corn starch
- ▣ 1 tsp. black pepper
- ▣ 1 tsp. onion powder
- ▣ 1/2 tsp. ginger powder
- ▣ 1/2 tsp. salt
- ▣ 1 tsp. paprika
- ▣ Vegetable oil for frying

Orange Chicken Sauce

- ▣ 3/4 cup fresh orange juice
- ▣ 1 1/2 tbsp. corn starch
- ▣ 2 tbsp. vegetable oil
- ▣ 3 tbsp. low sodium soy sauce
- ▣ 1 1/2 tbsp. rice vinegar
- ▣ 2 tbsp. brown sugar
- ▣ 1/2 tsp. grated ginger
- ▣ 1/2 tbsp. minced garlic
- ▣ 1 tsp. fresh ground black pepper

Instructions

1. Dice the chicken into 1/2 inch pieces and place in a bowl. Add in the flour, corn starch, salt, black pepper, onion powder, paprika, and ginger powder to coat the chicken.
2. In a deep frying pan, bring the oil to medium-high heat. Fry the chicken until golden brown. Takes about 2-3 minutes.
3. Meanwhile, whisk all the sauce ingredients in a bowl. Transfer to a hot skillet or frying pan and cook on low-heat, simmering until the sauce thickens up.
4. Transfer the fried chicken to the sauce and mix to coat well. Let the sauce and chicken simmer together for 1-2 minutes and then remove from heat.
5. Serve with homemade Lo Mein Noodles or White rice. Garnish with toasted sesame seeds and chopped green onions. (optional)

<https://www.cookinwithmima.com/easy-orange-chicken-recipe/>



Drawing
Classes! 



Praise for Kaleidoscope

Grease was absolutely fantastic! I applaud you, the staff, and the talented performers for an outstanding production! It was very uplifting to see all of the proud and happy faces! I was a Teacher/Reading Specialist/Instructional Teacher Leader in the Pittsburgh Public Schools (very urban areas) for 35 years. I know it takes so much work, patience, and dedication to do a show like this. I thank you for making it such a success! Amazing!!!

--Happy New Year, Pat Seligman

I feel so blessed that I am able to be a part of this amazing adventure with some fantastic people!

--Allison Walker, DSP

Sheila praised her Kaleidoscope provider, Jessica Dameus, and stated she is the best staff she's ever had.

What a wonderful way to end a very long day at work. I couldn't help but sing along with Allie. All the staff did a great job getting it all together; and all the young ladies and men were so talented. What a joy! Thanks for all you do!

--Another Happy Mom

Fran Love



Congratulations are in Order!

- Joseph got a new job at Wegman's!
- Cassandra obtained her learner's permit!
- Nicole was given added job responsibilities at her day program. She is now cleaning the bathrooms. People have complimented her on how nice the bathrooms look.
- Prince was named Employee of the Month three months in a row!
- Jackie has been using her fit bit and lost four pounds!
- Ellis got his driver's license!
- Steven moved into his own place!



Dana hard at work in the cafeteria at Lehigh Hospital!



- Kevin has been working hard in the kitchen by making new recipes. He has been locating new ones that he wants to try. Once he finds one that he likes, he goes shopping for the ingredients, then will bring them home and make the dish! He has been really working on using the crock pot!
- Catherine committed to eating breakfast sandwiches only for breakfast in 2021!
- Noaha's goal is to get better at counting money!
- Heather has been cooking breakfast, lunch and dinner all by herself!
- Dallas loves her new job at Giant. She has been stocking shelves on the late shift – very impressive!
- Sara is working at the Kelly Center and learned how to use the coffee machines!
- Sophie made her own Christmas gifts this year!
- Padriac helped his mom make a Gingerbread House from scratch and put in a hockey rink and basketball court!
- Jackie made 31 PB&J sandwiches with animal crackers and cheese sticks to take to the homeless!
- Dominique has been learning to cook!
- Matthew wants us to know that 2021 will be The Year of Anniversary Extravaganzas!



A thumbs up and peace sign from Prince and James Dean!



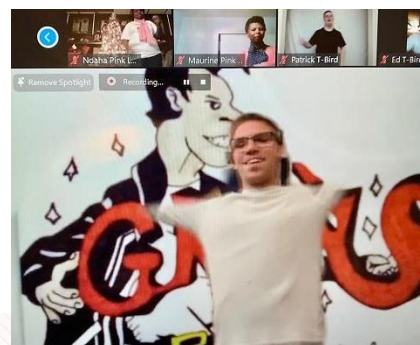
Kareem made his own holiday cards this year!



Rose Tree Park Christmas lights with William, Andre, Yasmeen and Barb!

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GREASE

For the first time ever, Kaleidoscope performed the show Grease for all to see. Family members, friends, coworkers, and of course, the cast and crew joined together to spread happiness through theater. We are so proud of our “stars” who gave us a gift of song. They endlessly practiced. Most importantly, they supported each other while learning the meaning of true friendship, dedication and self-confidence.

